



# December 2017



## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

### Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich.

**Archdiocese of Philadelphia**  
**222 N. 17th Street**  
**Philadelphia, PA 19103**  
**215-895-3470**

SchoolMealsNDS

NDSSchoolLunchProgram

SchoolMealsNDS

[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)

**PLEASE READ CAREFULLY** Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

**4**  
 273 Rotini Bake OR  
 292 Wheat Penne Pasta  
 623 Chopped Broccoli  
 608 Dole Tropical Fruit Cup  
 670 Fresh Fruit  
 908 Dinner Roll OR  
 901 Honey Biscuits

**11**  
 203 Mac & Cheese &  
 908 Dinner Roll OR  
 272 Four Cheese Panini  
 623 Chopped Broccoli  
 611 Bagged Baby Carrots  
 542 Harvest Pumpkin Hummus OR  
 545 Cranberry Orange Hummus  
 670 Fresh Fruit  
 445 Mott's Fruit Punch Juice

**18**  
 204 Chicken Parmesan &  
 902 Kaiser Roll OR  
 224 Chicken Nuggets with Sweet  
 Potatoes  
 524 Corn Cobbette  
 631 Cherry Star Vegetable Juice  
 670 Fresh Fruit  
 689 Birthday Cake Applesauce  
 992 Oatmeal Cookie

**5**  
 234 Chicken Tenders with Potato  
 Wedges OR  
 269 Mini Corn Dog with Chicken  
 Nuggets & Potato Rounds  
 603 Maple Baked Beans  
 631 Cherry Star Vegetable Juice  
 691 Orange Amazin' Raisins  
 670 Fresh Fruit  
 929 Keebler Elf Grahams

**12**  
 485 Swiss Steak &  
 902 Kaiser Roll OR  
 205 Popcorn Chicken  
 704 French Fries  
 632 Wango Mango Vegetable Juice  
 689 Birthday Cake Applesauce  
 670 Fresh Fruit  
 991 "Despicable Me" Honey Grahams

**19**  
 273 Rotini Bake OR  
 271 Spaghetti with Meatballs  
 623 Broccoli  
 446 Mott's Apple Juice  
 670 Fresh Fruit  
 908 Dinner Roll OR  
 903 Maple Biscuits

**6**  
 480 Hamburger OR  
 481 Cheeseburger  
 704 French Fries  
 611 Bagged Baby Carrots  
 689 Birthday Cake Applesauce  
 447 Mott's Apple White Grape  
 Juice  
 902 Kaiser Roll

**13**  
 289 Pancakes with Sausage OR  
 482 Grilled Chicken Fillet &  
 902 Kaiser Roll  
 634 Hash Browns  
 631 Cherry Star Vegetable Juice  
 670 Fresh Fruit  
 608 Dole Tropical Fruit Cup

**20**  
 253 Hot Dog with French Fries &  
 907 Hot Dog Bun OR  
 282 Chicken Fries with Tri-Tators  
 603 Maple Baked Beans  
 686 Sno' Joe Apple Rosati Water  
 Ice  
 447 Mott's Apple White Grape  
 Juice  
 932 Keebler Scooby Snacks

**7**  
 263 5" Round Cheese Pizza OR  
 264 4x6" Cheese Pizza  
 706 Romaine Salad with Cherry  
 Tomatoes  
 670 Fresh Fruit  
 445 Mott's Fruit Punch Juice  
 990 Chocolate Chip Cookie

**14**  
 217 Teriyaki Chicken with Rice OR  
 262 Ranchero Beef Pizza  
 625 Sweet Maple Carrots  
 708 Romaine Salad with Chickpeas  
 446 Mott's Apple Juice  
 670 Fresh Fruit  
 993 Gingerbread Man Cookie

**21**  
 263 5" Round Cheese Pizza OR  
 264 4x6" Cheese Pizza  
 706 Romaine Salad with Cherry  
 Tomatoes  
 445 Mott's Fruit Punch Juice  
 670 Fresh Fruit  
 992 Oatmeal Cookie

**8**  
 211 Sloppy Joe OR  
 220 Taco Meat  
 635 Calypso Crush Vegetable Juice  
 647 Dole Mandarin Oranges  
 670 Fresh Fruit  
 902 Kaiser Roll OR  
 910 Ciabatta Bread

**15**  
 218 Mozzarella Pinwheel OR  
 219 Turkey Pepperoni Pinwheel  
 682 Marinara Sauce  
 635 Calypso Crush Vegetable Juice  
 670 Fresh Fruit  
 447 Mott's Apple White Grape Juice

**22**  
 480 Hamburger OR  
 489 Salisbury Patty  
 610 Mashed Potatoes  
 635 Calypso Crush Vegetable Juice  
 691 Orange Amazin' Raisins  
 670 Fresh Fruit  
 902 Kaiser Roll

**Merry Christmas! Enjoy your break!**

**1**  
  
**Happy New Year!**  
**January 2018**

**2**  
 234 Chicken Tenders with Potato  
 Wedges OR  
 269 Mini Corn Dog with Chicken  
 Nuggets & Potato Rounds  
 603 Maple Baked Beans  
 632 Wango Mango Vegetable Juice  
 695 Strawberry & Mango Sidekick  
 609 Dole Mixed Fruit Cup  
 990 Chocolate Chip Cookie

**3**  
 255 Cheese Stuffed Breadsticks  
 OR  
 223 Veggie Pinwheel  
 682 Marinara Sauce  
 623 Chopped Broccoli  
 445 Mott's Fruit Punch Juice  
 689 Birthday Cake Applesauce

**4**  
 482 Grilled Chicken Fillet OR  
 485 Swiss Steak  
 634 Hash Browns  
 635 Calypso Crush Vegetable Juice  
 686 Strawberry Lemonade  
 Rosati Water Ice  
 670 Fresh Fruit  
 902 Kaiser Roll

**5**  
 252 Cheeseburger Mac OR  
 217 Teriyaki Chicken with Rice  
 628 Mixed Vegetables  
 611 Bagged Baby Carrots  
 540 Garlic Hummus OR  
 541 Chocolate Hummus  
 670 Fresh Fruit  
 446 Mott's Apple Juice  
 908 Dinner Roll OR  
 902 Kaiser Roll